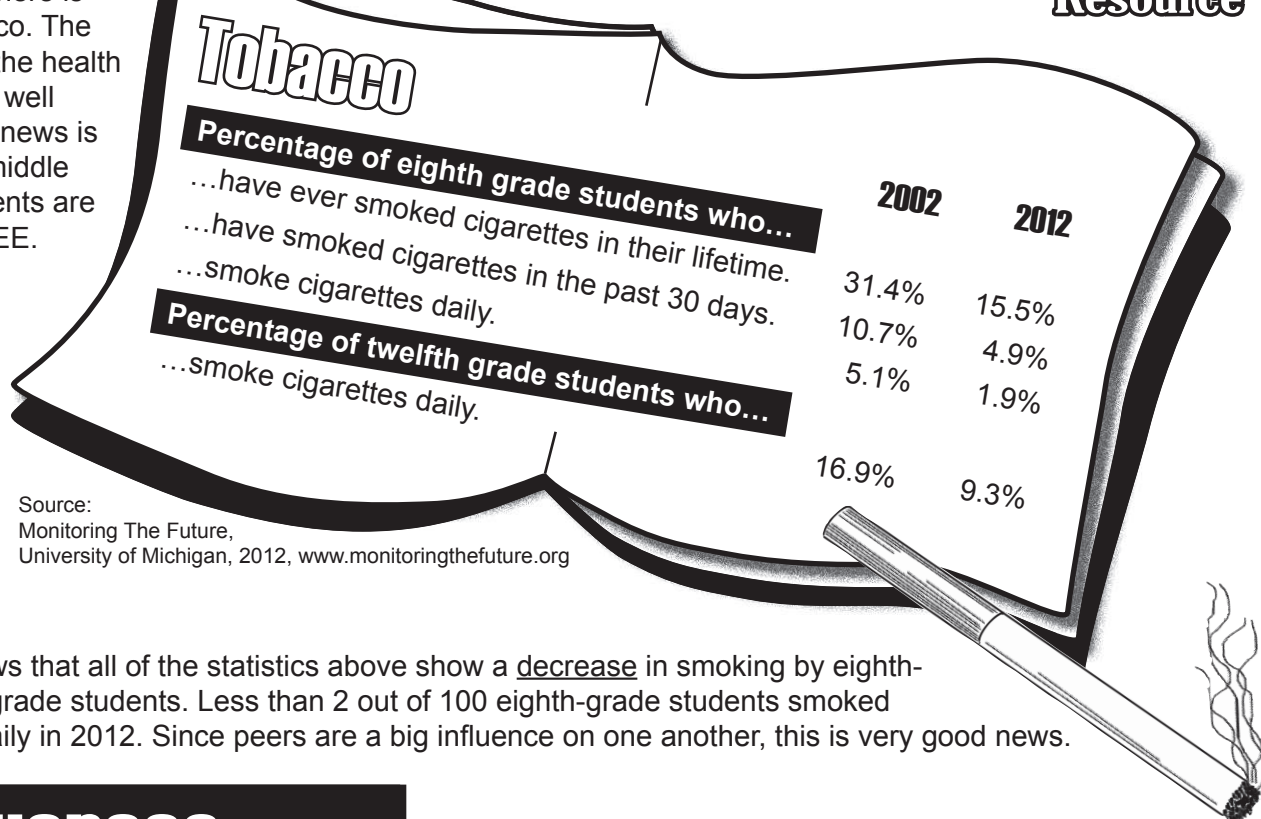


News About Tobacco



You may be wondering what news there is about tobacco. The facts about the health hazards are well known. The news is how many middle school students are tobacco FREE.



Source:
Monitoring The Future,
University of Michigan, 2012, www.monitoringthefuture.org

It's good news that all of the statistics above show a decrease in smoking by eighth- and twelfth-grade students. Less than 2 out of 100 eighth-grade students smoked cigarettes daily in 2012. Since peers are a big influence on one another, this is very good news.

Influences: YOU Make a Difference

There are many influences on our young people. Some influences try to help young people stay away from tobacco and other drugs. Other influences might encourage them to experiment or use tobacco. We have been studying the facts about tobacco use and how it affects the body and social relationships. We have also been exploring the influences that are in the environment around us.

You are a big influence on young people in your life. It may seem that, as young people get older, you have less influence. But researchers tell us that your beliefs about drug use are important for young people to know and DO influence their choices.

Three Skills to Help Avoid and Manage Risky Situations Involving Tobacco

Your student has learned and practiced three skills that will help him or her deal with risky situations involving tobacco.

Problem Solving

There are five simple steps that help all of us think through a problem so that we make the best choice.

- Step 1:** State the problem and what you want to happen.
- Step 2:** Create a list of ways to get what you want to happen and solve the problem.
- Step 3:** Think about the advantages and disadvantages for each way.
- Step 4:** Pick the best way to solve the problem.
- Step 5:** Make it happen.

We encourage young people to evaluate carefully what they want to happen and how they choose to solve the problem. It's important that the questions below can be answered "yes." If a question cannot be answered "yes," the idea needs to be removed from the list of possible ways to solve the problem.



- Does this idea follow my personal and family values? Will my family and I think it is the right thing to do?
- Will this idea help me stay safe and healthy?
- Does this idea follow family, school, and community rules?
- Does this idea show respect for myself and others?
- Could this idea really work, that is, is it realistic?

We also urge young people to ask adults they trust to help with difficult problems.

Refusal Skills

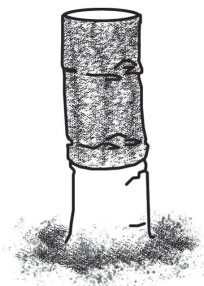
At times, you don't need to solve a problem. You just need to say "no." Here are five ways to refuse tobacco or any other drug.



- Say a direct "No."
- Say the same phrase over and over again. For example, "No, thank you. I don't smoke." "No, thank you. I don't smoke."
- Suggest another activity.
- Give a reason.
- Walk away.

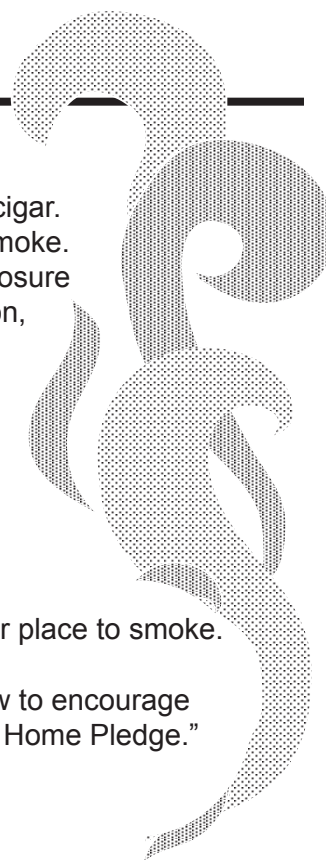
Reducing Exposure to Secondhand Smoke

Secondhand smoke is the smoke that comes out of the tip of a cigarette, pipe, or cigar. The smoke that comes out of a smoker's mouth is also considered secondhand smoke. Breathing in this smoke is as dangerous as smoking. There is no safe level of exposure to secondhand smoke. To help young people reduce exposure to this risky situation, we have suggested these strategies.



- Ask family and friends not to smoke in the house or car.
- Go outside.
- Open the window.
- Move to a different room.
- Close the door to the room separating you from the smoker.
- Move away from the smoker.
- Respectfully ask the smoker to put out the cigarette or find another place to smoke.

Contact the United States Environmental Protection Agency for more ideas on how to encourage smoke-free homes, cars, and businesses. With your family, take the "Smoke-Free Home Pledge."
www.epa.gov/smokefree OR 1-866-SMOKE-FREE (1-866-766-5337)



Continue Your Influence

Help young people avoid tobacco use. Here are some ideas how.



- Remind young people of these three skills.

- Problem Solving
- Refusal Skills
- Reducing Exposure to Secondhand Smoke

- Congratulate young people when you notice them using these skills in any situation.



- Use television or movies as opportunities to talk about your beliefs about tobacco.

- Visit these websites with your student and investigate information about tobacco together.

- Centers for Disease Control and Prevention (CDC): www.cdc.gov/tobacco
- Nemours Foundation: www.kidshealth.org
- Campaign for Tobacco Free Kids: www.tobaccofreekids.org
- Campaign for Tobacco Free Kids: www.kickbuttsday.org
- National Institute for Drug Abuse (NIDA) for Teens: www.teens.drugabuse.gov
- Michigan Department of Health and Human Services, Tobacco Section: www.michigan.gov/tobacco
- Tobacco Free Michigan: www.tobaccofreemichigan.org

News About Tobacco

We have reviewed this family resource.

Signature of Adult Family Member or Other
Trusted Adult

Date

Signature of Student

Date